



COACH CARL

RUNNINGCOACHCARL.COM



Dates	Run 1	Run 2	Run 3	Run 4 (Long run)
May 9-15	3 miles easy <i>Easy = Conversational pace, if you can't talk easily, slow down!</i>	3 miles easy	n/a	4 miles
May 16-22	3 miles easy	1 mile easy 1 mile ~20 sec faster 1 mile easy	3 miles easy	5 miles
May 23-29	3 miles easy	3 miles: Hilly route <i>Strong running on uphill, relax on the downhill</i>	n/a	3 miles <i>Recovery week, don't push the pace, just enjoy it!</i>
May 30- June 5	3 miles easy	1 mile easy 2 miles ~ 20 sec faster 1 mile easy	3 miles easy	6 miles
June 6-12	4 miles easy	4 miles: Cutdown <i>1 mile easy, then pick up the pace ~10 sec/mile each mile</i>	3 miles easy	6 miles <i>The more practice at race distance and longer, the better!</i>
June 13-19	3 miles easy	3 miles: Hilly route <i>Strong running on uphill, relax on the downhill</i>	n/a	3 miles <i>Recovery week</i>
June 20-26	4 miles easy	4 miles: Cutdown <i>1 mile easy, then pick up the pace ~10 sec/mile each mile</i>	3 miles easy	7 miles
June 27- July 4	3 miles easy	3 miles easy <i>Keep it easy to be rested and ready for the race!</i>	n/a	Peachtree! <i>Start relaxed, remember the hills are coming! Have fun!</i>